

MILWAUKEE COUNTY SENIOR DINING



GREATER GALILEE
2432 N. TEUTONIA AVENUE

FOR CURBSIDE PICK-UP

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 414-562-1110	1 Hot Ham & Cheese Sesame Bun 3-Bean Salad Stewed Tomatoes Pretzels Fruit Cocktail	2 Tuna Noodle Casserole Carrot Coins Kidney Bean Salad Dinner Roll Peanut Butter Cookie	3 Sloppy Joe (BBQ Beef) Whole Wheat Bun Hashbrown Casserole Corn Applesauce Rice Krispie Treat	4 7-Layer Salad Hard Boiled Egg Bacon, Croutons Tomato, Carrots Romaine Lettuce Mayo Dressing Pear
7 Chef's Salad Ham, Cheese Egg, Bacon Romaine Mix Tomatoes, Croutons Salad Dressing Melon Cup	8 Turkey Salad Whole Grain Bread Broccoli Slaw Chips Strawberry Yogurt Raisins	9 Meatloaf Gravy Scalloped Potatoes Green Peas Pineapple Lemon Pudding	10 Crispy Fish/Bun Lettuce, Tomato Tartar Sauce Tater Tots Coleslaw Baked Beans Orange Slices	11 Spinach Salad w/Asparagus Garbanzo Beans Hardboiled Eggs Bacon, Croutons Salad Dressing Apple
14 Turkey BLT Salad Turkey, Bacon Lettuce Mix Grape Tomatoes Croutons Ranch Dressing Banana	15 Grilled Cheese Wheat Bread Red Cabbage Slaw V-8 Juice Chips Grapes	16 Oven-Fried Chicken Rice Gravy Chef's Vegetables Biscuit Granola Bar	17 Corned Beef Boiled Potatoes Braised Cabbage Marble Rye Bread Shamrock Cookie	18 Taco Salad Ground Beef, Beans Rice, Cheese Sour Cream, Salsa Tortilla Chips Lettuce, Onion, Tomato Clementine
21 Caesar Salad Grilled Chicken Romaine Lettuce Croutons Parmesan Cheese Caesar Dressing Pear	22 Chicken Tortilla Wrap w/Lettuce, Tomato Ranch Dressing Broccoli Slaw Pickle Spear Pretzels Pineapple	23 Baked Pork Chop Roasted Potatoes Collard Greens Cornbread Peach Cobbler	24 Turkey Club Whole Wheat Bread Baby Carrots Chips Cranberry Sauce Warm Sliced Apples	25 Chef's Salad Ham, Cheese Egg, Bacon Romaine Mix Tomatoes, Croutons Salad Dressing Melon Cup
28 7-Layer Salad Hard Boiled Egg Bacon, Croutons Tomato, Carrots Romaine Lettuce Mayo Dressing Apple	29 Swedish Meatballs Gravy Noodles Peas Dinner Roll Orange Slices	30 Scrambled Eggs Sausage Hashbrown Potatoes English Muffin Tomato Juice Yogurt	31 Pulled Pork Sesame Bun Baby Carrots 3-Bean Salad Orange Juice Sugar Cookie	Suggested Contribution \$3.00 60+  find us on facebook

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Can Processed Food Be Healthy?



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

74% of consumers prefer less sodium in processed foods.

Almost **50%** of consumers have tried to eat fewer processed foods.



What do you need to know?



Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.

1 Choose healthier processed foods.

By one recent estimate **highly processed foods** contribute

50% of the calories & 90% of added sugars in the American diet

It's important to:

- Read food labels.
- Look for the **Heart-Check mark** on packaged foods.
- Make healthier choices when eating out.



2 Seek healthier alternatives to highly processed foods.



Cook more meals at home.



Swap highly processed foods with less processed options.



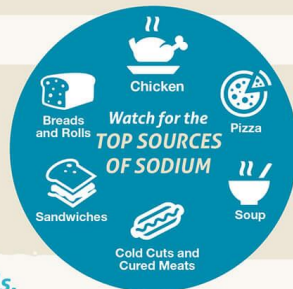
Try fruits and vegetables from the produce aisle, the farmer's market, or your own garden.

3 Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

Shake your sodium habit.

Most of the sodium we eat comes from **PROCESSED, PREPACKAGED, AND RESTAURANT FOODS, NOT THE SALT SHAKER.**



4 Take your food into your own hands.



American Heart Association advocates have written **more than 29,000 letters to the food companies and restaurants** that provide processed foods, asking that healthier options be made available.

You can too! Join our growing community, take action, get helpful tips and #BreakUpWithSalt today by visiting heart.org/sodium.

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CELEBRATE A WORLD OF FLAVORS
NATIONAL NUTRITION MONTH® 2022



NUTRITION & ORAL HEALTH: THE ROOT OF IT ALL

Registered dietitians at the Academy of Nutrition and Dietetics recognize a link between mouth health and nutrition. Oral infectious diseases, as well as acute, chronic and terminal illnesses with oral symptoms can impact not only our ability to consume food properly, but also our health and nutrition status.

ORAL HEALTH ISSUES IN OLDER ADULTS (65+ YRS):

1/3 HAVE UNTREATED DENTAL ISSUES



ORAL HEALTH ISSUES IN CHILDREN (2-4 YRS):



FOR MANY, AN ANNUAL DENTAL EXAM IS A LUXURY



72% on average have health insurance

56% on average have health insurance

THE DON'TS FOR ORAL HEALTH

1. **DON'T** regularly sip on sugar-sweetened or carbonated drinks.
2. **DON'T** overly consume sticky foods or slow-dissolving candies.
3. **DON'T** frequently eat desserts or other sugary foods.

THE DO'S FOR ORAL HEALTH

1. **DO** maintain a healthy diet of fruits and vegetables, lean protein, low-fat dairy products, and whole grains that provide essential nutrients.
2. **DO** practice good oral hygiene (i.e. brushing your teeth with fluoridated toothpaste twice a day, drinking fluoridated water, and seeking regular oral health care).

ORAL HEALTH CARE & NUTRITION IS ABOUT EDUCATION
But the collaboration between patients, dentists and registered dietitians can prevent and alleviate a lot of common dental problems – and offer better health to boot!



Position of the Academy of Nutrition and Dietetics: "Oral Health and Nutrition" (May 2013); <http://www.eatright.org/food/Content.aspx?cid=225>
Gallup Wellbeing: "Residents in Mass., Connecticut Lead Nation in Dentist Visits" (Sept. 2011); <http://www.gallup.com/12104/Wellbeing.aspx?ci=12104&ci=12104&ci=12104&ci=12104&ci=12104>
*Based on a 2011 Gallup study of more than 177,000 interviews (ages 18 and over) who say they visited the dentist between January and June 2011.